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Press Service,
U. S. D. A.

WINTER APPLES ARE
IN THE MARKET NOW

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As a nation we consume an immense number of apples per year, both raw and cooked, and in the form of cider and vinegar. About 211,506,000 bushels are grown annually in the United States.-- a crop many times larger than that of any other country.

Just now, the market offers such popular varieties of apples as Delicious, Spitzenberg, Stayman Winesap, York Imperial, McIntosh, Rhode Island Greening, Rome Beauty, Baldwin, Northern Spy, King, and many another favorite late fall and winter apple. Still later in the winter old-fashioned Winesap, and the Albemarle Pippin of Virginia, or, as they know it on the West Coast, the Yellow Newtown, will be among the leaders. These are saved for the best of the winter because they store better. Tastes differ, but nearly all of the varieties mentioned are good "eating apples". The Rome Beauty, however, is valued chiefly as a baking apple. The Baldwin is considered a general purpose apple. The Jonathan and Northern Spy, among others, are also excellent for sauce and pie, as well as for eating raw. Any of these apples furnish a mild roughage, they contain vitamins A,B, and C, especially in the portion just under the skin, and they have some carbohydrate and some mineral value -- not enough, however, to be so very important if we ate apples no oftener than we eat lemons. But as we eat so many, we depend on them for these special food values at moderate cost.

The uses of apples are almost innumerable, running from such old reliable dishes as apple sauce, baked apples, apple pie, and apple dumpling, to combinations of all sorts. The Bureau of Home Economics of the U.S. Department of Agriculture lists also fried apples and bacon, baked spareribs with apple stuffing, fried apples and carrots, fried apples and onions, scalloped apples and sweetpotatoes, for the main course; and for dessert, apple sauce cake, upside-down apple cake, Dutch apple cake, apple float, apple tapioca, apple brown betty, apple compote, apple turnovers. Raw apples make a useful part of many kinds of salad. And the pectin content of apples makes them excellent for jelly, jam, and marmalade.

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